

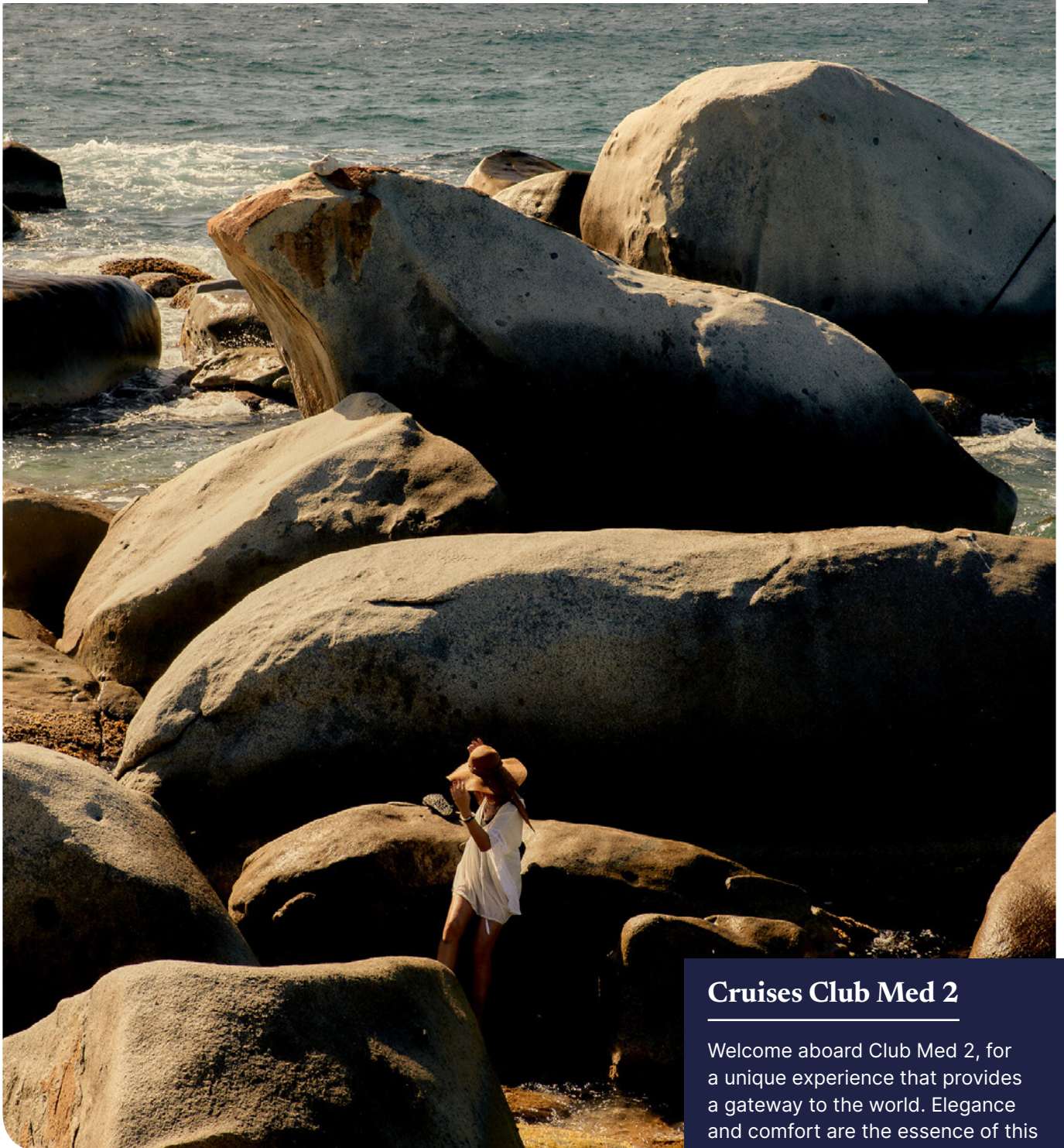
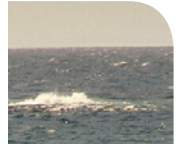


# Creole sweetness

Yoga Cruise

Caribbean & North America / **La Romana to Fort-de-France**

From 02/02/2026 to 02/09/2026 - 8 days / 7 nights



## Cruises Club Med 2

Welcome aboard Club Med 2, for a unique experience that provides a gateway to the world. Elegance and comfort are the essence of this magnificent 5-masted sailing ship







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## Your cruise

Days	Stages	Arrival	Departure	Nautical Hall
1 - Monday	La Romana		23:00	Closed
2 - Tuesday	Sailing on the open sea			Closed
3 - Wednesday	Prickly Pear / Virgin Gorda	07:00	17:00	Open*
4 - Thursday	Anguilla	08:00	17:00	Open*
5 - Friday	Nevis	08:00	17:00	Open*
6 - Saturday	Antigua	08:00	17:00	Open*
7 - Sunday	Deshaies	08:00	17:00	Without waterskiing
8 - Monday	Fort-de-France	07:00		Closed

**Day 1: Boarding from 16h to 20h**  
**Day 8: Landing from 9h to 11h**





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### Itinerary of your cruise

<b>Day 1 - Monday</b> LA ROMANA	A little port, built in 1851 to ease maritime traffic, the town was only officially founded in 1897. The city itself only began to grow 20 years later, when Italian immigrants built a large mill to grind the sugar cane. Ship docked, no water sports. Boarding and disembarkation port of call.
<b>Day 2 - Tuesday</b> SAILING ON THE OPEN SEA	A restorative day at sea. Choose from the range of inviting possibilities on our remarkable sailing ship. Lounge on chaise longues, cool off in one of our two swimming pools, work out with a sea view in our Espace Fitness, find instant calm at the spa and enjoy the attentive company of our G.O® team and crew members.
<b>Day 3 - Wednesday</b> PRICKLY PEAR / VIRGIN GORDA	Privatization of a beach on Prickly Pear Island for the Caribbean Beach Club day. Guests who have booked the "Virgin Gorda Panoramas" excursion will discover an amazing geological curiosity: large granite boulders softened by erosion, creating natural emerald pools lined with white sand. Boats at anchor, beach and water sports.
<b>Day 4 - Thursday</b> ANGUILLA	A long strip of amazingly white sand delicately posed on turquoise water. This miniature island attracts the VIPs of this world, who love its intimacy and discretion. Ship at anchor, water sports available, beach.
<b>Day 5 - Friday</b> NEVIS	This tiny volcanic island, sister island to St Kitts, where the traditional sport of cricket remains a national game, is a fascinating world of hot water springs, archeological sites and forests inhabited by green monkeys. AShip at anchor, water sports available, beach.
<b>Day 6 - Saturday</b> ANTIGUA	The jagged coast of this former British colony is studded with magnificent beaches. Its typical port, with lively pubs and inns, gives it reams of historic charm. At anchor.
<b>Day 7 - Sunday</b> DESHAIES	On the most lush side of the Ile Papillon, Deshaies is a perfect example of the simple charms of Creole life. Time stands still in these tranquil fishing villages surrounded by gentle green hills. At anchor. Beach and water sports.
<b>Day 8 - Monday</b> FORT-DE-FRANCE	The largest of the French West Indian towns blends cosmopolitan style and local colour, with its urban lifestyle, colourful markets, metal architecture and charming old houses. Stopover for boarding and disembarking. Ship docked in port.





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## Excursions of your cruise

### Day 3 - Wednesday VIRGIN GORDA / PANORAMA (1/2 day)\*

The local open-top bus takes the crest route and allows you to enjoy stunning views. A geological surprise lies at the end of the path with strange and tempting granite formations, the "Bath". Natural bathtubs to try before heading to your Caribbean Beach. For information, only passengers who have booked the excursion will have the opportunity to visit Virgin Gorda and the Baths. Panoramic tour by open local bus and walking tour in the Baths. Swimming is prohibited in the event of a red flag.

### Day 4 - Thursday ANGUILLA / DÉJEUNER LANGOUSTE À SANDY ISLAND\*

Take a short 10-minute boat ride to the stunning Sandy Island, a true tropical paradise. Swim in crystal-clear turquoise waters, explore vibrant reefs, or relax on soft white sand. Enjoy premium food and drinks with effortless luxury. After a blissful day, ferry back to the mainland and rejoin your ship.

### Day 5 - Friday NEVIS / ISLAND HIGHLIGHTS AND BOTANICAL GARDEN\*

Visit this charming island - known as the Queen of the Caribbees - its historic sites and its 8 acre Botanical Gardens. This highly popular tour includes a visit to Hamilton House, birthplace of Alexander Hamilton, one of the USA's founding fathers. Your tour will also take in the Botanical Gardens, where you can admire one of the biggest and most diverse botanical collections in any tropical region.

### Day 5 - Friday NEVIS / HIKING\*

Enjoy a 2-hour hike to discover Nevis' lush greenery and natural heritage. You'll have the opportunity to walk through the Rainforest while appreciating the island's flora and fauna. The tour ends on Pinney beach, where a swim will round off this beautiful morning's hiking.

### Day 6 - Saturday ANTIGUA / SWIM WITH THE RAYS\*

Adrenalin guaranteed for a rendez-vous with pastenague rays. After a 30-minute bus ride and a ride in a speedboat, you'll get to Stingray City for a super, safe, sensory experience. Even non-swimmers can see these strange and gracious creatures twirling through the shallow water.

### Day 6 - Saturday ANTIGUA - BALADE DÉCOUVERTE EN 4\*4\*

The discovery of the island off the beaten track is done in all-terrain vehicles. You will leave the English countryside in the tropics with its authentically charming hamlets and its remains of old refineries attesting to the intense sugar activity before crossing the luxuriant tropical forest. You will not miss the swimming break on the magnificent Caribbean coast.

### Day 7 - Sunday DESHAIES - BOTANIC GARDEN\*

Don't miss the incredible Botanic Garden, based at the former home of the comedian Coluche. You can see a dazzling array of tropical flowers and plants, a breathtaking waterfall and cute little birds from the parrot family. Then we'll round off the trip with an aperitif.

### Day 8 - Monday FORT DE FRANCE / CLUB MED BOUCANIERS (1journée)\*

Relax in your Club Med Les Boucaniers village before heading to the airport for your return home.

Established in this idyllic setting since 1969, the Village exudes the Creole spirit.

Imagine succumbing to the charm of one of the most beautiful beaches in Martinique facing the Diamond Rock... strolling in the tropical garden or in the coconut grove...

Water sports are reserved for hotel guests.

### Day 8 - Monday FORT DE FRANCE / HABITATION CLÉMENT (1/2 journée)\*

Discover Habitation Clément, an exceptional rum distillery in many ways. It includes a colonial mansion that welcomed presidents Mitterrand and Bush after the Gulf War, botanical gardens, as well as a distillery that produces the most famous rums in the French Antilles. Your tour will end with a tasting of old rum.

For reasons of airport security, all purchases of bottles of rum made at the plantation must be packed in a suitcase destined for the baggage hold before checking in for your flight.

\* Excursion available at a preferential rate when booking your cruise. Subject to a minimum number of participants.



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## Formalities

### HEALTH FORMALITIES

Recommended vaccinations: diphtheria, polio, tetanus, hepatitis A and B and typhoid. Some parasitic or viral diseases can be carried by mosquitoes during certain stopovers. The use of skin and clothing repellents is therefore recommended. Pregnant women who do not need constant medical supervision may come aboard, upon presentation of a medical certificate showing their due date and certifying that their pregnancy is compatible with the cruise. The final day of the cruise must be before the end of the 26th week of pregnancy. A doctor and a nurse are present on board.

## Meeting place for boarding

Port of La Romana (Dominican Republic) - Cruise Terminal: Cruise Port Terminal East or Cruise Port "La Romana West". Punta Cana / La Romana airport transfer: 80 km approx. Transfer airport Santo Domingo / Port of La Romana: 100 km about 1h15.

